

# BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 6, No. 32

Marine Corps Logistics Base Barstow, California

June 20, 2002

## NCOs slacking?

Doing it the wrong way or just not doing it at all. Which is the lesser of the two evils?

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## Base shares environment

Keeping an eye on the nature of it all without getting bit in the process.

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## Commander's Corner

Congratulations in order, forklift safety and lesson in life on the job.

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## Living healthy

Semper Fit issues the 20-minute workout for the time-pressed.

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## Check out the Marine Corps Web site.

<http://www.usmc.mil>



Photo by Gunnery Sgt. John Cordero

Third-grader Mercedes Romero tosses a water-soaked sponge at Lance Cpl. John D. Poniske, cable splicer, Telecommunications and DMS Branch, Communications Division, as third-grader Nigie Johnson turns away. Ten Marines from MCLB Barstow participated in Crestline Elementary School's Field Day June 11. See more on Page 6.

## DeCA savings better every year

By Cpl. Cory Kelly  
Editor

In years past, the Defense Commissary Agency set what some said was an unattainable goal – providing patrons with an average 30 percent savings over commercial grocers DeCA-wide by the end fiscal year 2002. This time last year they were .8 percent away from reaching that goal.

Now with several months to go before the end of their self-imposed deadline, DeCA has not only reached its goal of 30 percent savings over commercial grocers, it has sur-

passed it.

Commissary shoppers are now getting a savings of more than 30 percent over commercial grocers, which, according to Defense Commissary Agency officials, has been substantiated in an audit of its price comparison study.

Locally, commissary shoppers are getting much better savings than the DeCA-wide average according to James C. Meugniot, Barstow Commissary store director.

Last year, when DeCA was on its way to reaching its 30 percent overall goal, Meugniot estimated Southern California

commissary patrons were receiving more than 33 percent savings over commercial grocers. Now he estimates a savings upwards of 35 percent to local shoppers.

Estimates like that are what DeCA Director Maj. Gen. Robert J. Courter Jr. said should give commissary patrons confidence about the lengths DeCA is going through to ensure the best prices possible are reaching them.

Courter said commissaries are providing a net savings to

See DeCA Page 9

## Base budget analyst awarded

*Employee earns one of top Assist. SecNav personal awards*

By Cpl. Cory Kelly  
Editor

A base budget analyst recently received the Assistant Secretary of the Navy (Financial Management and Comptroller) Individual Achievement in Budgeting award, one of the highest awards possible in the field.

Conni Lewellyn, who is in charge of everything and anything that has to do with the payroll budget for MCLB Barstow, received the award May 29 at the American Society of Military Comptrollers Professional Development Institute's annual convention in Denver, Colo.

Lewellyn was nominated for the award without her knowledge by her fellow employees and supervisors for a myriad of reasons.

According to her nomination letter, Lewellyn proved to be a great asset to the base during a time of seemingly insurmountable transformation in the base's conversion to a new accounting system last year.

This transformation resulted in many local accounting reports becoming obsolete for management. And certain capabilities were completely lost during the change. In a nutshell, Lewellyn fixed what could be fixed and created new what couldn't with the end result of unmeasured savings to the base in overtime, personnel cost and the continuous ability of the MCLB Barstow Comptroller Office to meet agency deadlines and expectations.

Lewellyn, on top of her visible dedication to the tasks presented to her, is in the habit of setting challenges of her own that have reflected great credit upon herself and the command. In the spring of last year, Lewellyn set a mark that no other Marine Corps Logistics Bases employee has yet to challenge by becoming the first employee in the tri-command to earn the Defense Financial Management Certification.

According to Margaret Carter, base comptroller, the certification is equivalent to Certified Public Accountant in the civilian sector.

Lewellyn had to pass a three-part, multilayered exam that covered resource management, budget and cost analysis, and finance and accounting to earn the fairly newly developed certification.

Shortly after passing the third tier of the exam and attaining the certification, Lewellyn said it was extremely challenging. "... I am just really elated that I was able to pass the three parts of the exam the first

See AWARD Page 9



# NCOs falling short as leaders

By Sgt. Robert Piper  
THE SCOUT Staff

CAMP PENDLETON, Calif. – No more than a week ago, I walked past a field where a group of Marines were conducting a police call. Actually, three lance corporals picked up the trash as five corporals watched. Yet people wonder why retention is getting harder every year.

While I'm all for noncommissioned officers taking charge, it doesn't mean just because you're a corporal or a sergeant, you're suddenly too good to work. It's been a while, but I don't think promotion warrants state, "As a newly appointed NCO, you now are above working and will operate strictly as an overseer of Ma-

rines."

Four of those corporals should have been picking up trash alongside those Marines.

According to a recent "Marine Times" survey, nine out of 10 Marines are unhappy with their leadership. Why? Personally, I think it starts with the young NCO.

I hear it every month from Marines all over this base. "I can't wait till the first, because then I'll be promoted and have some fun watching the other Marines work while I get to take it easy."

Hello! Whatever happened to, "I am forever conscious of each Marine under my charge, and by example will inspire him to the highest standards possible," from the NCO creed? Leading by example doesn't involve watching from afar,

rather observing from within.

I ask leaders to think back to a time when they were new to our Corps and didn't rate the "privileges" that come with increased rank. Which leaders did you respect most, who would you work for and who did you just appear to work for?

I'll guarantee your answer involved someone who was not only squared away and in shape, but worked side by side with his Marines. What was his rank, by the way? A sergeant? Maybe a staff sergeant? Perhaps higher?

What about looking at it from the other direction? Were you happy working for someone who didn't meet this standard?

Corporals are called leaders IN THE TRENCHES. This means intimately involved

with everything their Marines do on a daily basis, not standing by as Marines struggle to get jobs done. And sergeants, well, everybody knows we're where the tire hits the pavement. Not only are we supervisors, but we're also experts in our fields, working wherever, doing whatever, to accomplish the mission at hand.

Which of you do this, day in and day out? So, if nine out of 10 Marines aren't satisfied, whose fault is it? Well, it's ours, but we can change their opinion – with a little work.

**Editor's Note:**  
*Sgt. Robert Piper is the acting press chief for THE SCOUT.*

## Living contented while finding contentment

By Lt. Cmdr. Elmon R. Krupnik  
Base Chaplain



I believe we all want to improve the quality of life that we have.

One thing we can do along the way is to be content.

Someone once told me, "It is not what we have, but what we enjoy that makes for a rich life, and the wise person understands that contentment is not having everything you want, but enjoying everything we have."

Contentment is an elusive commodity in our society, yet contentment is one of the distinguishing marks of a person of faith.

If you are practicing your faith, do you display contentment with those around you?

The verses in the book of Philippians 4:11-13 tell us the following, "Not that I speak in regard to need, for I have learned in whatever state I am, to be

content: I know how to be abased, and I know how to abound.

"Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me."

What determines contentment?

Does it depend on circumstances, church, or country?

Dissatisfaction, discouragement and division are often symptoms of discontentment in our souls. Contentment must be equated with confidence in God over all His creation.

Personal contentment in one's soul results in proper perspectives, priorities, and progress. Godliness and righteousness bring contentment into our lives.

Pursuing them gives us an improved quality life that satisfies.

Let us pursue the goal of improving our quality of life and be content along the way.

Blessings to all,  
Chaplain Krupnik

## Just doing my job ...



Photo by Cpl. Cory Kelly

Lance Cpl. Jaime L. Lugo, Fleet Support Division motor transport mechanic, empties a trash can at the Marine Corps ball golf tourney Friday.

Chapel Services	Catholic Rosary	Nebo Bible Study
Protestant Sun. 8:30 a.m. Mass Sun. 10:30 a.m.	First Saturday of every month. 3 p.m. at the Base Chapel.	Wednesday Noon-1:30 p.m. At the Chapel Office.
Confession services before Mass	For more info call 577-6849.	For more info call 577-6849.



Marine Corps Logistics Base Barstow, California  
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# NEWS BRIEFS

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon Fridays for the next week's issue. Submit news briefs via e-mail to [editor@barstow.usmc.mil](mailto:editor@barstow.usmc.mil).

## Dental service unavailable

The Branch Dental Clinic officer is out of the office until Monday; treatments, physicals and overseas screenings will be unavailable until then.

Active duty dental emergencies should report to the clinic for evaluation and dental record retrieval. Emergency treatments will be referred to Shuttlesworth Dental Clinic Building 171, Fort Irwin.

For more information call Dental Technician 2nd Class Shawn G. Hanners, 577-6497.

## Hobby shop closure

The Wood/Rock Hobby Shop will be closed Friday though Sunday. For more information call 577-6692.

## Optometrist visit

The optometrist is scheduled to be on board Monday through June 28 at the Yermo Annex clinic in Building 582.

To make an appointment call Hospitalman 3rd Class Jerry Ocampo, 577-7747.

## Tae Kwon Do

There is scheduled to be a Tae Kwon Do demonstration by Master Bruce McGhee Friday at 1 p.m. at the Base Gym. Classes will be offered at the gym from noon to 1 p.m. for adults and 4 to 5 p.m. for children. Uniforms for the class are \$25 and the class will cost \$45 monthly. For further information visit the Base Gym or call 577-6971.

## Juneteenth celebration

A celebration at Barstow's Sturnacle Park Saturday from 10 a.m. to 8 p.m. celebrating the emancipation proclamation of June 19 is scheduled. There will be softball and basketball tournaments as well as entertainment.

Donations will be accepted at the park in an effort to have the electricity turned on at the park. For more information or to find out how to help with either the park electricity or celebration preparations, call Regina Sims, 256-1686.

## Relay For Life

The team event to fight cancer, Relay For Life, is scheduled for Saturday and Sunday at Barstow High School.

Relay For Life raises money for the American Cancer Society in the Inland Valley and Fontana with teams of people taking turns running and walking around the track for 24 hours.

Team members each collect money for the cause.

Cancer survivors walk the first "honor lap" that opens the relay and are honored for their battles with cancer.

At 9 p.m. June 22 there will be a Luminara ceremony in honor of survivors and in remembrance of those who did not survive.

For more information call Cindy Ulibarri, 256-0935, or Annette Madero, 256-5691, Opt. 4.

## Hunter's Safety Course

The Department of Fish and Game is scheduled to have a Hunter's Safety Course Saturday and Sunday at the Barstow Fire Department on Barstow Road. Classes will be from noon to 5 p.m. both days. Children attending the classes must have parent or guardian consent. For more information call Gary Chinn, 255-3452.

## Summer school

Summer school classes for the Barstow unified School District will be held at seven sites: Kennedy Middle, Barstow Middle, Crestline, Skyline, Cameron, Lenwood and Hinkley schools. Summer school starts Monday and continues through July 26.

For more information call the individual schools or the District Administrative Offices, 255-6009. The district offices are open from 7 a.m. to 3:30 p.m. until Aug. 9.

## Breakfast burritos

There is a breakfast burrito sale scheduled for Monday morning from 7:30 to 10:30. The Marine Corps Ball fund raising event will be at the Communications Division, Building 170. One egg/potato/chorizo or one egg/potato/ham burrito with orange juice or coffee costs \$2.50.

For more information call Lance Cpl. Adam R. Stetzel, 577-6446.

## KVN meeting

A Key Volunteer Network meeting is scheduled for Tuesday evening at 5 at the Oasis Club. A guest speaker from Camp Pendleton, Calif., will be present to discuss training, responsibilities and duties of key volunteers.

The next scheduled KVN meeting is Aug. 12. For more information call Lt. Col. Charles M. Hamilton, family readiness officer, 577-6556.

## Hispanic Employment Program meeting

A Hispanic Employment Program Committee meeting is scheduled for Tuesday morning at 7 at the Family Restaurant. Marines are invited to attend the committee's monthly meetings and participate in activities throughout the year.

For more information call David W. Mendez, 577-7452.

## FamilyLine volunteer search

Naval Services FamilyLine is looking for a volunteer to serve as the field representative for the Barstow area. FamilyLine is a volunteer organization dedicated to improving the quality of life for Navy, Marine Corps, and Coast Guard families by providing information and referral services, booklets, and

educational seminars.

FamilyLine relies on field representatives to help inform the local military community about services.

For more information about this volunteer opportunity, please e-mail FamilyLine at [nsfamline@aol.com](mailto:nsfamline@aol.com) or call (877) 673-7773 and ask for the director of field representatives.

## Vehicle registration

People may register their vehicles on the second and fourth Tuesdays each month from 7:30 to 9:30 a.m. at the trailer next to the Cactus Cafe at the Yermo Annex. Call 577-6969/6371 for more information.

## 3-on-3-basketball tournament

There is a 3-on-3 double elimination basketball tournament scheduled to start at 4 p.m. July 15 in support of the Marine Corps Birthday Ball. Team member names and entry fees must be by start time.

The entry fee is \$20, and teams can have a maximum of four players. Games are to 15 points with a 20-minute time limit. Gym visitors are welcome to enter (one visitor is allowed per authorized gym patron and the authorized personnel must be present).

For more information stop by the base gym or contact 2nd Lt. Michael Smith, 577-6726, or Staff Sgt. Jesse Castillo, 577-6708.

## MSG Screening Team

The Marine Security Guard screening team is scheduled to be at MCAGTFTC Twentynine Palms, Calif. Aug. 16.

Due to security requirements the screening process has lengthened in time, Marines should be swift in their response. Marines interested can contact the career planner, Staff Sgt. Christian Galbraith, 577-6684, or visit him in Building 302.

## MECEP/BOOST

The Adjutant's Office will be accepting packages for the Marine Corps Enlisted Commissioning Education and Broadened Opportunity for Officer Selection and Training programs until June 30.

Refer to MARADMIN 154/02 (MECEP) and MARADMIN 155/20 (BOOST) for program and application information.

Any questions should be directed to the Base Adjutant, 1st Lt. Casey L. Taylor at 577-6155.

## Nacho sale

A nacho sale is scheduled for July 1 starting at 11 a.m. in front of Building 573 at the Yermo Annex. One dish includes nach chips, cheese, chili, jalapenos and onions and costs \$3. Sodas will be on sale for 50 cents.

For more information about the



Marine Corps Ball fund raising event, call Sgt. Chris Jurgensmeyer, 577-7157.

## Hot link sale

A hot link sale is scheduled for July 1 starting at 11 a.m. in front of Building 573 at the Yermo Annex.

The hot links will cost \$2 and include sauerkraut, onions, mustard and ketchup. Sodas and chips will be on sale for 50 cents a piece.

For more information about the Marine Corps Ball fund raising event, call Sgt. Chris Jurgensmeyer, 577-7157.

## MC Ball Golf Tourney

The fourth Marine Corps Ball Scramble Golf Tournament is scheduled for July 19. Sign-in for four-person teams is from 6 to 6:30 a.m., and tee off is at 7 a.m. Burgers, hot dogs, chips and sodas will be served after the tourney. There will be a drawing.

Entry fees are as follows: privates through corporals, \$14; sergeants and staff sergeant, \$15; gunnery sergeants through first lieutenants, \$16; captains and above and civilians, \$16. Mulligans are \$1 a piece with a maximum of five.

For more information call Cpl. Cory Kelly, 577-6450.

## All Marine Marathon Team

Semper Fit is accepting resumes for the All Marine Marathon Team to compete in the Armed Forces Marathon Championship that will be held in conjunction with the Marine Corps Marathon Oct. 27. Resumes for the

team, to be comprised of five men and three women, are due no later than Aug. 1. Team members will also be the designated team for the Challenge Cup Competition against the British Royal Navy/Marine Corps. For more information refer to Marine Corps Order P1700.29 available at [www.usmc-macs.org](http://www.usmc-macs.org) or contact Semper Fit at the Base Gym, 577-6896.

## TAVSC move

The Training Audio/Visual Service Center has moved to Building 204 across from the Base Exchange; phone numbers remain the same. Services will be limited during the next several weeks. For more information call 577-6261.

## Foreign exchange students

The U.S. State Department is offering all service and civil service families the opportunity to host an international exchange student.

The Council for Education Travel USA High School Exchange Student Program students, ages 15-18, arrive in August from various countries. Families without children are eligible to host.

For more information on hosting a student either as a short term "welcome" family or a full 10-month host family, contact Bobbi Britto, (619) 424-8874, or the CETUSA office, (888) 725-7747.

The students are allowed to share rooms, have their own spending money and have expressed a desire to become a participating member of an American household.

# Base houses more than humans

*Keeping in harmony with the base's natural pest control staff*

By Cpl. Cory Kelly  
Editor

Predators stalk the base at night. They wake with the dawning of the moon and prey on the most defenseless creatures they can find. And, in doing so, they actually help the day-to-day operations of the base.

Just as spiders are known to narrow the population of certain insects to manageable levels, these predators help keep critter populations down.

The nocturnal predators that prowls that base at night are owls. And they help the base by controlling the rodent population in the warehouses. However, in recent years the owls on base seem to have been having a run of bad luck.

Last year a family of Great Horned Owls, a mother and two owlets, which were nested in one of the warehouses on Nebo befell tragedy when the mother disappeared and the owlets were discovered away from their nest.

The owlets were taken to Fort Irwin's Animal Recovery Center so they could be assisted in their development until they attained the necessary hunting skills to find food and became strong enough to fly far distances.

Earlier this month, another couple of owlets were either kicked or fell out of their nest. A representative from the



Photo by Cpl. Joshua Barnhardt

Three Great Horned Owls nest in the rafters of a warehouse at Nebo. Owls inhabit the warehouses on base and help cure the rodent problem.

California Department of Fish and Game rescued the owls and took them to a rehab center where they will remain until able to be on their own. When they are fit, the owls, in accordance with state and local laws, will be released in the area they were found.

Incidences like the two described above are why base environment protection specialists are trying to reiterate to employees the importance of being friendly neighbors to the base's natural pest control crew.

One environmental protection specialist on base said most warehouse employees keep the owls a closely guarded secret because they don't want

any visitors to disturb them. However, not all base inhabitants should be kept a secret.

Manuel Joia, environmental protection specialist, said a good neighbor not to keep a secret is a fox or coyote. Base personnel should let the Environmental Division know if a fox or coyote is seen close to their working area.

Joia said there was a recent incident where a fox, whose den was near Warehouse 406 at the Yermo Annex, was beginning to be a nuisance and a safety concern, for both animal and base personnel.

See **ANIMAL** Page 9



Photo by Cpl. Cory Kelly

Douglas B. Hansen, director of Installations Requirements and Management of the Office of Deputy Under Secretary of Defense, visits with Col. Liz Bergman, base commander, briefly Friday. As Director of Installations Requirements and Management, Hansen was visiting several installations while on the West Coast. His visit to MCLB Barstow was for approximately four hours to observe what the installation does and how it accomplishes its mission.



# AROUND THE CORPS

## Marine, sailors honored for saving life

By Cpl. Benjamin M. George  
OKINAWA MARINE Staff

CAMP COURTNEY, Okinawa, Japan – Three sailors and a Marine were honored here May 24 by Maj. Gen. James R. Battaglini, commanding general, 3rd Marine Division, for saving the life of an airman from Kadena Air Base.

The four service members responded to a motorcycle accident April 20 on Route 70, three miles south of Camp Gonsalves’ main gate.

Because of their actions, Petty Officer 1st Class Benjamin A.B. Heverly, corpsman, Jungle Warfare Training Center, was honored with a Navy and Marine Corps Commendation Medal; Petty Officer 3rd Class Jason M. Russo and Seaman Jason B. Beard, corpsman, Jungle Warfare Training Center, each received a Navy and Marine Corps Achievement Medal; and Gunnery Sgt. Richard T. Smith, staff noncommissioned officer-in-charge, Jungle Warfare Training Center, was awarded with a Certificate of Commendation.

“It was a very humbling experience,” Heverly said, reflecting on the corpsmen’s actions in response to the accident.

While on duty, Heverly, Russo and Beard re-

ceived a call telling them about the accident. They were quickly dispatched to the scene without knowing any details about the severity of the accident.

“We knew something serious was wrong,” explained Heverly, a Lewisburg, Tenn., native. “When we first got to the scene, there was a lot of commotion and we had to get our bearings.”

Beard said that after they arrived to the scene of the accident, they found Senior Airman R.J. Kohl, 961st Airborne Air Control Squadron, 18th Wing, Kadena Air Base, on the side of the road lying in thick grass. Despite the nature of the accident and the hectic scene, Kohl remained very calm.

“His demeanor was extremely calm considering what he was going through,” explained Beard, originally from Brownfield, Texas. “By the way he was acting, you never would have known he was in pain.”

Once Kohl received treatment at the scene of the accident, he was medically evacuated to the U.S. Naval Hospital, Okinawa. After examination of the patient, Navy Capt. M.H. Mittelman, commanding officer, and J.W. Green, forensics officer, USNH, stated the actions of the corps-



Photo by Cpl. Benjamin M. George

Petty Officer 3rd Class Jason M. Russo, Corpsman, Seaman Jason B. Beard, Corpsman, Gunnery Sgt. Richard T. Smith, Staff Noncommissioned Officer in Charge, and Petty Officer 1st Class Benjamin A.B. Heverly, independent duty Corpsman, all stationed at the Jungle Warfare Training Center, Camp Gonsalves, Okinawa, Japan, display the honors they were awarded for their response to a motorcycle accident and life-saving actions April 20.

men saved Kohl’s life by properly identifying the victim’s injury and applying the appropriate life-saving steps for over two hours, well past the “golden hour” which is ideal for patient evacuation and treatment.

Commended for mobilizing Camp Gonsalves’

Search and Rescue Response Team to the accident site and coordinating medical treatment and evacuation, Smith praised the response and action of the corpsmen.

See **LIFE** Page 9





Photo by Gunnery Sgt. John Cordero  
Pfc. Erik M. Dortch, TAD orders clerk, Adjutant Division, assists first-grader Hanna Shaban during the "dress up" relay.



Photo by Gunnery Sgt. John Cordero  
Lance Cpl. James D. Hosey, supply administration clerk at MCLB Barstow, demonstrates for students how to jump during the Crestline Elementary School Field Day June 11.



Photo by Gunnery Sgt. John Cordero  
Lance Cpl. James D. Hosey, supply administration clerk here, sprays Crestline Elementary School students with water, courtesy of the Barstow Fire Protection District, to keep them cool.



Photo by Gunnery Sgt. John Cordero  
Sgt. Joseph H. Wynne, telephone chief, Telecommunications and DMS Branch, Communications Division, monitors first-graders Jasmine Nelson (left) and Sherri Chase (right) during the three-legged race.



Lance Cpl. Tony Spart, Defense Messaging System administrator, Telecommunications and DMS Branch, Communications Division, helps Crestline Elementary School students during the "parachute" challenge.  
Photo by Gunnery Sgt. John Cordero



# COMMANDER'S CORNER

Maintenance Center Barstow

## Congratulations

By Col E. Rivers  
Commander

Thank you for your efforts as members of the Maintenance Center Barstow Team. Keep up the great work.

### March

#### On the spot awards

Jack Aday Frederick Murphy  
Robert Munroe Wilbert Richardson  
Vaughn E. Thomas

#### SECNAV Career Service Award

Edward L. Kenworthy

#### 30 years Length of Service Award

Joann Bond Thomas D. Hopkins  
Harold R. Davis Patrick J. Humphreys  
Ernest J. Duarte Joseph Pacheco  
John A. Garcia Hector Reyes  
James W. Green Andres M. Vallejos

#### 35 years Length of Service Award

Henry P. Dominguez, Jr. Carl Soto  
Dennis K. Wheaton

### April

#### Time off awards

(4 hours)

Ernest Langford

(9 hours)

Lester Bonner Kenneth E. McConnell  
Donna Chisam Kevin Mintun  
Robert Corona Katherin Petteway  
Michelle Eichler David Russell  
David Fritz Gilbert Sais  
Darrell Hill Allen J. Schnur  
Steven Holt Douglas Tate  
Michael Klemmer Catherine Watson  
Dean Knutson Dennis Wheaton  
Rickey McBride David White

#### On the spot awards

Robin Barrett Terry Harmel  
Russell Lynn Margaret Steele

### May

#### Time off awards

(4 hours)

David Anilao Richard Holt  
Marcelino Aviles Clifford Jones  
Paul E. Biancotti Linda Kelsey  
Robert A. Buehler Denis Kepley  
Birdenne Delaney Cindy Malloy  
Wesley Donnelley Brian McLaran  
Mike R. Fernandez Ramon N. Olivera  
Charles R. Herrington Katherine Schwahn  
William Hillion John Wilson

## MCB emphasizes forklift safety

By Randy Spencer  
Environmental and Safety Office

As the result of the death of a base employee, and more recently a Marine gunnery sergeant, forklift safety is being emphasized at the maintenance center.

Occupational Safety and Health Act (OSHA), 29 CFR 1910.178(l) lists the requirements to operate industrial trucks (forklifts). There are very specific training and licensing requirements developed to prevent similar accidents that resulted in fatalities both here and at Camp Pendleton.

If personnel are not properly trained and licensed, they will not operate the equipment. Supervisors requiring or allowing personnel to operate this equipment without a license are in violation of both base and federal regulations and are subject to disciplinary action, fines, and even imprisonment.

"This is a very serious matter and should not be taken lightly,"

said Ray Aguilar, base safety manager.

The base recently identified a number of personnel who have been operating forklifts without the required training and licensing and have taken steps to ensure the proper controls are in place for safe forklift operations.

Those controls include additional fully licensed drivers, training at safety meetings and assurances from our supervisors that only properly licensed personnel will operate forklifts. Violation of the above OSHA regulations or Base Order will result in appropriate disciplinary action.

Butch Grieves, CWC 729 work leader, said, "We in our shop have initiated a roster to see about getting additional folks trained and licensed, but until we get approval the temptation is there to get on it for just one move, and we all know that one move could be their last."

MCB is scheduled to have a safety stand down for all licensed fork lift drivers within the next 30 days.

## Concepts learned from training

By Mike Burke  
Production Management Department

We often wonder what effect the training we offer has on employees at Maintenance Center Barstow. I recently spoke with a few people who attended classes offered here that the commander has identified as containing valuable leadership concepts.

### Seven habits training

Larry Chandler, supervisor  
CWC 603

The most powerful concept I learned was the circle of concern and the circle of influence.

Many times I deal with internal/external customers who place heavy demands on the Management Information System section and much of what they demand, MIS has no control of.

As a supervisor, I encourage my employees to focus on only those things they can influence, not on those things they have no control over.

During the course, I got to know people I've known for years a little better.

This can help me better understand those people in my everyday contacts.

I found out things about these people and it helped me have a paradigm shift, thus understanding where they're coming from.

I had two of my people attend the seven habits class and they've come back with some very positive comments. They've said they really liked the course, and much of what they learned they are able to apply in their personal lives, as well as at the maintenance center.

The two employees and I all said we felt the seven habits training was good and that it's good everyone is getting exposure to its principles.

### Seven habits training

Dave White, preservation leader  
CWC 744

Three things had very powerful impacts on me. The section on paradigms was an eye opener for me. I was so grateful for the opportunity I had to attend the class and to be able to work the exercises and evaluate my personal paradigms. This has had tremendous impact on my relationship with my son in particular. Habit 7: sharpen the saw, was another concept I felt I really needed in my personal life. Things are good at home right now and this taught me what I needed to do to help things stay that way.

The emotional bank account concept hit me at work.

It's helped me value the differences in the people I work with, thus causing me to listen with more empathy to my fellow workers, in hopes to increase the balance of those accounts.

This has already had an impact on a couple of relationships at work. I recognized some of my paradigms got in the way and I've done something about it. I was happy to report that my boss saw an almost immediate change in my approach to fellow workers.

Things have improved significantly, especially with my son. I've taken a whole different approach in my communication effort with my teenage son.

I have asked my son, "What do you want?" and I listen to understand – not to judge. Our relationship has never been better.

The class was great! It was well balanced with videotapes, exercises, group participation and humor.

I feel very strongly that this course has the potential to cause great things to happen here at the maintenance center. "If you

use it, you will definitely see results."

### Leadership training

John Vasquez, machinist (former detailed supervisor)  
CWC 741

Communications skills are some of the most powerful concepts I learned. I have always felt that you should treat others the way you'd like to be treated. This helps keep my emotions in check. Learning some of the barriers of effective communication has helped me to be able to communicate more on a one-on-one basis. This attitude helped when I was detailed as supervisor.

Things seemed to gel after I attended the seven habits class. Attending both classes has helped me listen closely and work with folks to come up with the third alternative.

I've dealt with people as an employee and a supervisor, so I've had quite a few paradigm shifts. Things have improved at home too. Both the leadership training and the seven habits classes complemented each other. This is the type of training we've needed for a long time.

Unless people are allowed or encouraged to use what is taught, or if people don't apply it, it will be all for nothing.

### Critical chain methodology training

Cliff German, supervisor  
CWC 608

The powerful concepts I learned were to set up a project using the critical chain methodology and how to schedule using drum buffer rope. This training will allow me to be a better project manager.

This training has been the main venue for change in the maintenance center from local optimization to global optimization. This training was very valuable.



**By Jim Gaines**  
MCCS Publicity

### June MCX sale winding down

Only a few days left for the MCX June Summer Sale.

These discounts available all the way through June 30: 10 percent off home theater systems, 10 percent off lawn mowers and grills (excluding Foreman grills) and 20 percent off fragrances.

Super 7 Store is open Mondays through Fridays, 6:30 a.m. to 9 p.m., Saturdays and Sundays, 10 a.m. to 6 p.m. For more information call the Super 7 Store at 256-8974.

### Lunch menu

*Today* – Family Restaurant: baked potato and salad bar. Cactus Cafe: three-piece fried chicken, mashed potatoes.

*Friday* – Baked mahi-mahi, sautéed mushrooms and onions with steamed rice.

*Monday* – Chicken-fried steak, mashed potatoes and gravy.

*Tuesday* – French dip sandwiches and oven roasted potatoes.

*Wednesday* – Tuna casserole.

*June 27* – Spaghetti and garlic bread.

Prices: \$3.50 military, \$4.50 civilian.

### Family Night Dining

*Tonight* – Beef enchilada casserole, chicken fajitas, flour tortillas, Mexican rice and beans, tossed green salad and dessert.

Family Night Dinners are served every Thursday at the Family Restaurant from 4:30 to 7:30 p.m.

Everyone welcome. Prices \$5.50 adults, \$3.50 children 5 to 11 years. Children under 5 years are free.



## SWIM LESSONS

Semper Fit Health Promotions is scheduled to offer swim lessons starting July 15 to all children age 3 and older. Lessons will be taught in the Family Pool at the Base Gym Mondays through Fridays, July 15 - 19, and July 22 - 26. Each swim level group will have a half-hour session in between the times of 8:30 and 10:30 a.m.

Registration will be held July 12 at the Family Pool from 10 a.m. to noon. Each child's level will be determined at that time.

The cost is \$15 per child for the two-week course.

For more information call Jennifer Patterson at 577-6817 or e-mail to [pattersonjm@barstow.usmc.mil](mailto:pattersonjm@barstow.usmc.mil).



**AWARD from Page 1**

time around,” she said.

Aside from her certification, Lewellyn is the editor of the MCLB Barstow ASMC chapter’s newspaper, the ASMC COMMUNICATOR, which won the National ASMC Distinguished Newsletter Award in 2000 and the National ASMC Meritorious Newsletter Award last year. She

has also been the treasurer of the MCLB Barstow American Society of Military Comptrollers chapter for the last three years.

Carter said, “[Lewellyn] is probably one of the quickest, most astute, best budget analyst that I have ever had the pleasure of working with in my career of 20 years.”

Randy Meyer, base accountant for the Office of the Comptroller, shared

the same feelings about Lewellyn. “The Marine Corps base here is one of the smallest units in the Department of the Navy,” he said. “And for one individual, such as Conni, to win the award over all the [people at the larger] bases is a major accomplishment, as well as plus to this base to show that we are just as dedicated a group of professionals at the lowest level as every one above us.”

# Fitness in Minutes

## 20-minute workout

**Submitted by Jennifer Patterson**  
Health Promotions Coordinator

If you don’t have time to get to the gym or do a long workout, here’s the solution you’ve been looking for, a 20-minute workout that you can do without having to go to the gym.

- 2 minutes:**  
Start with a two-minute warm-up. March in place or walk around.
- 2 minutes:**  
Cardiovascular: Jog in place to get your heart rate up.
- 2 minutes:**  
Squats. Place feet hips distance apart. Squat down like you are going to sit in a chair.
- 2 minutes:**  
Calf raises. Place ball of the foot on a step with heel dropping below. Rise up onto your toes and slowly drop. Alternate legs.
- 2 minutes:**  
Cardiovascular: Do some jumping jacks or run in place to get your heart rate up.
- 2 minutes:**  
Lunges. Step back with one leg and drop that knee to the floor allowing the front knee to bend. Alternate between legs.
- 1 minute:**  
Triceps dips. Place hands on the edge of a chair or other sturdy surface. Use your legs for support, lower your body, and push back up.
- 2 minutes:**  
Push-ups.
- 1 minute:**  
Abdominal crunches.
- 1 minute:**  
Bicycle crunches. With hands clasped behind head, bring right elbow to left knee and alternate with bringing left elbow to right knee.
- 1 minute:**  
Cool down: March in place or walk around.
- 2 minutes:**  
Stretch.

**ANIMAL from Page 4**

“On occasion the fox was sited running across and under the warehouse ramps,” Joia said.

Joia noted that if the fox had entered the warehouse either out of curiosity or some other reason and it was either startled by a warehouse worker or it startled a warehouse worker it could be dangerous for both.

“If an animal happens to bite a human being, by law that animal would and should be captured and destroyed,” Joia said. “It’s also possible that the person being bitten would have to have a series of rabies inoculations.”

Joia explained that feeding foxes increase the risk of an incident like that happening and keeps them coming back.

He said that coyotes react somewhat in the same way as foxes, becoming friendly when fed. “They are smart enough to know the hand that feeds them is good,” Joia said. “But not good overall.”

He warned that any contact with the animals is not a good idea; it’s best to stay away.

“We don’t want them to become domesticated,” Joia said. “They could be diseased, protected by law, threaten or endangered or just darn right dangerous to us.”

However, there are exceptions to every rule. One example base environmental protection specialists brought up is the Desert Tortoise.

The Desert Tortoise is the only animal in the area protected by the Endan-

**LIFE from Page 5**

“We train for situations like this all the time,” Smith said, “but these men performed when it mattered most. Their professionalism and attention to detail made all the difference the day of the accident. They are the best corpsmen I have ever worked with.”

Although Kohl lost a leg in the accident, he was able to personally thank the corpsmen for saving his life.

“This was a life changing event,” Heverly stated. “Airman Kohl thanked us for saving his life. This just brings the importance of safety to the forefront.”

“Safety is the main concern of this whole incident. This is a dangerous region; there is no room for inattention,” said Lt. Col. Z.E. Fearing Jr., commanding officer, Jungle Warfare Training Center, of the winding and narrow roads near Jungle Warfare Training Center. “We need top notch corpsmen on hand for training and for accidents like this. As a commanding officer, I could not ask for more from my corpsmen than what these young men have given.”

All three corpsmen agree, although the event changed their lives, and it is what they are trained to do.

“All the care we administered stemmed from the basic skills we have learned,” stated Russo, from Middletown, Conn.

“This is our job,” Heverly said. “Any corpsman would have done the same.”

gered Species Act – which means it is illegal to interfere with it in any way.

However, according to the environmental protection specialist nobody has ever been arrested for rescuing an animal. “If you find one in the road, pick him up and move him out of the way in the direction he was going,” he said. “Learning to co-exist with wildlife is a part of this base. Enjoy them and appreciate them for what they do.”

**Editor’s Note:**

For more information about the animals on base and what people should do if they encounter one, call 577-6574.

**DeCA from Page 1**

customers that translates into an additional \$2,400 annually for a family of four’s budget. “Today, more than ever, commissary shoppers can be confident of the high level of savings DeCA delivers because of the modern technology and methodology used in our price comparison study,” said Courter.

A business case review by the Air Force Audit Agency included a look at the Defense Commissary Agency Price Comparison Study. The Commissary Operating Board, which is the Defense Department’s commissary oversight panel, called on the audit agency to review the study’s methodology and findings.

What the audit agency found was a fine-tuned machine. “This is the most exhaustive, detailed and accurate price comparison study done since the agency’s inception in 1991,” Courter said. “We are providing greater savings for service members and their families on the goods and services they buy than at any other time in history. And we’re also operating the agency more efficiently and effectively than ever before.”

The audit agency reported last autumn that it was impressed with the methodology and level of detail that DeCA’s research analysts used in determining customer savings.

The study compares commissary prices with those of local supermarkets, major grocery store chains and supercenters. It includes taxes and surcharge – the 5-percent charge added onto the total of commissary receipts.

Efficiency and effectiveness seem to have become a coined capability of DeCA commissaries. In recent years, several new and innovative systems have been designed and placed throughout DeCA to help monitor pricing, savings and anything else one would want to monitor.

These systems, along with information provided by DeCA business partners, help commissaries around the globe set prices substantially lower than commercial grocers and make opportunities for buyers like the Best Value Item and Manager’s Special programs possible.

“The [Best Value Item] program is one that guarantees the absolute lowest price on an item or similar item, same size, over those prices charged by any other

market,” Meugniot said. “We check these locally every month in order to be sure they are indeed the lowest prices.”

Since last fall the commissary system has been working with DeCA business partners to garner extra savings for patrons. And as an outcome of these outreaches, customers now have a weekly “Manager’s Specials” program.

“This program consists of different products every week from several different companies,” Meugniot said. “These companies are giving us very deep price cuts on popular items once a week. We then pass this extreme savings opportunity on to our customer.”

MCLB Barstow Commissary patrons can find the Manager’s Specials positioned directly at the front entrance of the store.

“They should be the first thing customers see as they start to shop,” Meugniot said. “They are also clearly identified with large Manager’s Special signs.”

There are also weekly Manager’s Specials in both the produce and meat departments within the store – all varying from week to week and marked with Manager’s Special signs.

Another way local commissary managers are trying to bring savings to shoppers here is by getting truckload and case-lot savings.

Naturally, the larger the bulk purchase the less it costs the commissary for each individual unit, The less it costs the commissary, the less it costs the consumer.

“We recently had some James River paper products at very small prices due to our committing to a partial truckload to be delivered at one time. We also featured a Proctor and Gamble case lot sale very recently,” said Meugniot.

**Editor’s Note:**

During the upcoming months, the MCLB Barstow Commissary will be having several produce sales including a July 4 “Farmer to Store” sale and later in July a “Farmer’s Market” sale. In September, the commissary will be participating in the 2nd DeCA-wide case lot sale. For local commissary information visit the Web site, [www.commissaries.com](http://www.commissaries.com), click on “locations,” go to “alphabetical listing,” then click on “Barstow MCLB.”

Information for this article was taken from DeCA Press Release 31-02.

# GOT NEWS?

If you think you’ve got something newsworthy call the public affairs office at 577-6430.





Please submit all Trader Ads to [editor@barstow.usmc.mil](mailto:editor@barstow.usmc.mil).

1997 FORD F350 CREW CAB XLT: 7.3L Diesel w/ Banks pwr. pack. Also 1989 Alpinlite-5<sup>th</sup> Wheel. Great RV package. Shown by appointment. Reasonable offers considered. Call 252-2035.

1996 DODGE RAM 1500 PICK UP: V8, low mileage, good cond., \$12,000. Call 985-4473 or 252-2635.

1996 MERCURY MYSTIQUE: 76,156 miles, looks and runs excellent. Teal/Gray pearl paint, a/c, p/s, p/w, p/locks, cruise, dual air bags. Must sell. \$5,000 OBO. Call (760) 257-3455 AWH.

1990 GEO PRISM: \$2,500. Call 985-4473 or 252-2635.

1988 TOYOTA CAMRY: xlt. running cond. Willing to trade for a pickup truck. Call 256-2390 or 221-8598.

1986 CAMARO: Newly rebuilt eng. Good running cond., \$2,100 OBO. Call 253-2133.

MOTORCYCLES: 2001 HONDA CBR 929 like new, \$8,000 OBO. Call 252-1502.

MOTORHOME: 1978 Dodge Winnebago, Minni Winni, 23 feet, stove, fridge. roof A/C, generator, sleeps 6, runs good, some interior work needed, priced to sell at \$2,000, OBO. Call 254-2221 AWH.

MISCELLANEOUS: 1999 Honda dirt bike, CR 80 expert, bought in 2000, race ready, race tech suspension front and rear, recent top end overhaul, new clutch, extra tires and plastic, plugs, jets, etc., renthal bars, lever guards, oversized chain, good tires, spare air filter, owners/service manual very clean, \$2,500 OBO. Call Ron 252-5365 AWH.

MISCELLANEOUS: 16 ft. car hauler trailer extra wide with 4 ft. mesh ramp and diamond plate deck, elect brakes, good tires w/spear, heavy duty jack good condition, used very little, \$1,100 OBO. Call 254-2221 AWH.

MISCELLANEOUS: Refrigerator. Works good, \$100. Call 254-1978.

MISCELLANEOUS: Nordic Trak exercise machine. Xlt. cond., \$600. International Time Share, \$12,000. Call 256-0293.

MISCELLANEOUS: 6 ft. Stockland camper shell with carpet kit. Good cond. Call 252-4369.

MISCELLANEOUS: 2 1997 Yamaha Wave Runners w/trailer and tool box in very good cond., \$8,000 OBO. Call 985-4473 or 252-2635.

MISCELLANEOUS: Solid oak twin water bed w/ bookself headboard, 6-drawer pedestal, liner, heater, and padded side rails, \$150. Rehab exercise bike, peddles lags and rotates arms when riding, w/ timer and extra wide gliding seat, \$75. Game table: includes pool table, shuffle board, fooz-ball, ping-pong, basketball and more. All stored within itself, \$60. Tool workbench, sturdy-built, in good cond., \$50. Wooden drafting table w/ one large drawer, \$50. Call 252-1160.

MISCELLANEOUS: Teal green sofa w/queen bed, 2 years old Xlt. cond. \$300. Call 254-2295.

THANK YOU: I want to thank everyone for their prayers, cards and leave donations, during my recent illness, I truly appreciate all of you. God Bless you. Bertie Dailey, Public Affairs Office.

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